



CIVIL AIR PATROL - NORTHEAST REGION
UNITED STATES AIR FORCE AUXILIARY
 PO Box 2379
 SOUTH PORTLAND, ME 04116-2379



CONNECTICUT • MAINE • MASSACHUSETTS • NEW HAMPSHIRE • NEW JERSEY • NEW YORK • PENNSYLVANIA • RHODE ISLAND • VERMONT



Director of Safety

Paul Mondoux Lt Col, CAP
 pmondoux@ner.cap.gov
 Cell: 603-759-0178

- NER Website
<http://www.ner.cap.gov/>
- National Safety Pages
<http://members.gocivilairpatrol.com/safety/>

Inside this issue:

Safe Cookout	2
Prevent Back Injuries	3
Tick Removal	4
Hazardous Attitudes and Antidotes	5
Allergies	6
Awareness	7
Safety Tips	8

June

Newsletter Date 06-01-2013

UNDERRATED SUMMER PROBLEMS

Here we are again the summer months are upon us. During this time of year everyone needs to be careful when outside in the heat. This is a review of many articles over the years that I have presented on heat related injuries and summer underrated problems.



Hot temperatures and more time spent outdoors can anyone's health and safety at risk, leading to a lot of accidents and tragedies this time of year. We must take actions to prevent issues from arising in all of our activities be it At home or while attending CAP functions.

Sun and Summer Heat

The most obvious hidden dangers in the summer simply have to do with the heat and can include:

- heat stress and heat stroke, which can be prevented. Keep kids well-hydrated, take frequent breaks when playing outside, and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever.
- What about younger children and playgrounds, getting burned on metal slides or other hot playground equipment.
- Sunburns--although you should be aware of the risks of not applying sunscreen or sunblock sunburns are still common (especially if lotions are not used properly.)
- What about children and pets? never leave a child or a pet unattended in a car, even for a few minutes, as a car can get hot quickly,

Some Other Summer Safety Tips

In addition to using sunscreen, supervising kids around water, and protecting your kids from the heat, you can keep your kids safe this summer by:

- avoiding pourable gel fuel for firepots that have recently been recalled.
- keeping younger kids away from lawn mowers. Despite the need for a summer job or simply wanting to help, remember that the American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers.
- using insect repellents when necessary.
- doing a tick check if your go out, there is an abundance of Ticks this year
- outfitting yourselves and kids with appropriate protective gear, such as a helmet and pads, when riding a bicycle, skateboard, or scooter, or while wearing heelys.
- not eating food that has been left out for more than an hour at barbecues and family picnics, which can cause food poisoning.
- recognize and avoid poison ivy.



Have a safe cookout



Picnics, and barbecues are great ways to celebrate and have fun during the Summer, whatever your plans are take care to prepare and transport food safely. A little planning will help prevent food borne illnesses which are so common during the summer months.

Bacteria begin to multiply between 40°F and 140°F, so it's important to keep

you food either cold or hot right up to the moment of cooking and/or serving.

To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

Transporting Food

- Make sure your cooler will keep foods at 40°F, or plan foods that are less perishable, such as luncheon meats, cheese, peanut butter, etc.. Keep drinks in a separate cooler, since it will be opened more often.

- Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.

Don't partially precook meat or poultry before transporting; if it must be precooked, cook until done then chill before packing in the cooler.

Pack condiments in small containers rather than taking whole jars.

- Put the cooler in the inside of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.

If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it's a long trip it may be best not to take a hot dish.

- Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.



Safe Grilling

- Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.

- Take only as much food out of the cooler as you're going to cook right then.

When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.

- The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.

- Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.

Have a safe and happy cookout season!



Prevent Back Injuries

Back pain is second only to the common cold on the list of reasons Americans go to the doctor.

Sprains and strains to the back are preventable. Unfortunately, most people don't worry about their back until it's already hurting them. It's important to start treating your back properly right away. Take the following steps to protect your back.

- Maintain proper posture.** Having the correct posture while sitting, standing, and sleeping is an important part of keeping you back pain free. While sitting, make sure your lower back gets sufficient support. If you sit for long periods of time, get up and walk around about every hour, trying a few simple stretching exercises. If you stand all day, every once in a while, bend over and touch your toes, bending at the knees. Sleeping on your stomach places too much stress on your back, but if you must, be sure to place a small pillow underneath your abdomen. Buy a mattress with good back support that's also comfortable.

- Lift properly.** Improper lifting of heavy objects causes many back injuries. If you must lift a heavy object, take some time to prepare. When lifting or moving a load: Always bend at the knees - never at the waist
 - Keep the object close to your body
 - Don't twist your body
 - Avoid lifting over your head or over an obstruction
 - Get a good grip on the object. Clean and dry surfaces are easier to handle than wet and greasy ones.
 - If possible, divide a heavy load into several smaller ones
 - When lifting below chest level, keep your lower back curve locked in position. When lifting above chest level, tighten your abdomen to place less of the load on your spine.
 - When moving the object, push it instead of pulling it
 - Make sure you're footing is secure. Do not lift objects that obscure vision and footing
 - Lift smoothly and slowly. Do not jerk the load
 - Whenever possible, use a cart or dolly to carry the object
 - If the load is too heavy, ask for help
 - If possible, divide a heavy load into several smaller ones



- Stretch.** Simple stretches throughout the day can help make your back more flexible and strong. Try to do these every hour, holding each for about five seconds.

While standing, place your hands on your lower back and lean backward, without tipping your head backward

Stretch your hamstrings - those muscles in the back of your thigh that help keep your back mobile. While sitting or standing and leaning against something, bend one leg up, hold your thigh and straighten the leg

While sitting, bend your chest down to your thighs to stretch the muscles and unload the joints at the base of the spine

- Exercise.** Exercising back muscles can strengthen and protect the muscles, helping to prevent injuries. Of particular importance are the abdominal muscles. Try walking briskly for about 30 minutes a day, four times a week

Swimming is a great way to strengthen the abdominal muscles and leg muscles. It also takes the pressure of gravity off of your back

Various at-home abdominal exercises can also help keep your back strong. You can ask your doctor or qualified gym instructor to show you some special back strengthening exercises.



Tick Removal

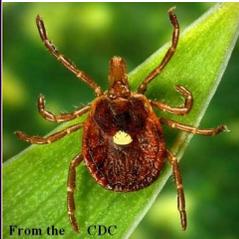
Once again this year there are an abundance of Ticks out there. I am again seeing many Ticks begin brought in by my Dog this year. He is protected but nonetheless they still come in before the Frontline takes affect. I am also seeing that we must check ourselves more often when just taking a quick walk in the woods and fields.



If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.



Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



Nymph 2nd from the left is the size of a poppyseed.

Preventing Tick Bites

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks

- Avoid wooded and bushy areas with high grass and leaf litter. I know this is an issue especially for our ground team members.

Walk in the center of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20% or more DEET (N, N-diethyl-m-toluamide) on the

exposed skin for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.

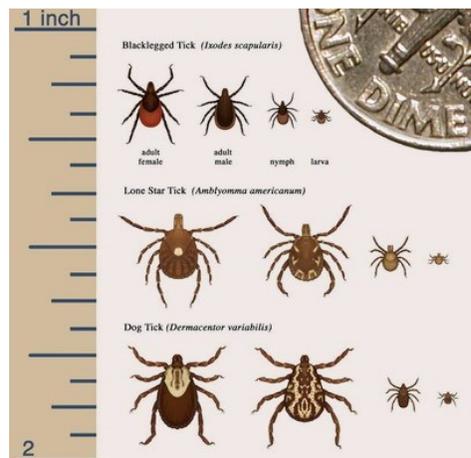
Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>.

Find and Remove Ticks from Your Body

Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a handheld or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.





Hazardous Attitudes and Antidotes A Review



I originally posted this article in July of 2010. I believe it is of importance to re-view and take a look at this again.

Being fit to fly depends on more than just a pilot's physical condition and recent experience. For example, attitude will affect the quality of decisions.

Attitude is a motivational predisposition to respond to people, situations, or events in a given manner. Studies have identified five hazardous attitudes that can interfere with the ability to make sound decisions and exercise authority properly: anti-authority, impulsivity, invulnerability, macho, and resignation.

Hazardous attitudes contribute to poor pilot judgment but can be effectively counteracted by redirecting the hazardous attitude so that correct action can be taken. Recognition of hazardous thoughts is the first step toward neutralizing them. After recognizing a thought as hazardous, the pilot should label it as hazardous, then state the corresponding antidote. Antidotes should be memorized for each of the hazardous attitudes so they automatically come to mind when needed.

The Five Hazardous Attitudes

Anti-Authority: "Don't tell me."

This attitude is found in people who do not like anyone telling them what to do. In a sense, they are saying, "No one can tell me what to do. They may be resentful of having someone tell them what to do,

or may regard rules, regulations, and procedures as silly or unnecessary. However, it is always your prerogative to question authority if you feel it is in error.

Impulsivity: "Do it quickly."

This is the attitude of people who frequently feel the need to do something, anything, immediately. They do not stop to think about what they are about to do; they do not select the best alternative, and they do the first thing that comes to mind.

Invulnerability: "It won't happen to me."

Many people falsely believe that accidents happen to others, but never to them. They know accidents can happen, and they know that anyone can be affected. However, they never really feel or believe that they will be personally involved. Pilots who think this way are more likely to take chances and increase risk.

Macho: "I can do it."

Pilots who are always trying to prove that they are better than anyone else think, "I can do it—I'll show them." Pilots with this type of attitude

will try to prove themselves by taking risks in order to impress others. While this pattern is thought to be a male characteristic, women are equally susceptible.

Resignation: "What's the use?"

Pilots who think, "What's the use?" do not see themselves as being able to make a great deal of difference in what happens to them. When things go well, the pilot is apt to think that it is good luck. When things go badly, the pilot may feel that someone is out to get me, or attribute it to bad luck. The pilot will leave the action to others, for better or worse. Sometimes, such pilots will even go along with unreasonable requests just to be a "nice guy."

ANTIDOTES	
1. Anti-Authority: Although he knows that flying so low to the ground is prohibited by the regulations, he feels that the regulations are too restrictive in some circumstances.	Follow the rules. They are usually right.
2. Impulsivity: As he is buzzing the park, the airplane does not climb as well as Steve had anticipated and without thinking, Steve pulls back hard on the yoke. The airspeed drops and the airplane is close to a stalling attitude as the wing brushes a power line.	Not so fast. Think first.
3. Invulnerability: Steve is not worried about an accident since he has flown this low many times before and he has not had any problems.	It could happen to me.
4. Macho: Steve often brags to his friends about his skills as a pilot and how close to the ground he flies. During a local pleasure flight in his single-engine airplane, he decides to buzz some friends barbecuing at a nearby park.	Taking chances is foolish.
5. Resignation: Although Steve manages to recover, the wing sustains minor damage. Steve thinks to himself, "It's dangerous for the power company to put those lines so close to a park. If somebody finds out about this I'm going to be in trouble, but it seems like no matter what I do, somebody's always going to criticize."	I'm not helpless. I can make a difference.

CHICKEN WINGS

BY MICHAEL AND STEFAN STRASSER



Seasonal Allergies



Allergies are a short-term inflammation of the mucous membranes that line the nasal passages. "Hay fever," as the condition is commonly called, is caused

by airborne pollens from trees, grasses, flowers, and weeds. Allergy season typically kicks off in the spring and fall when certain trees or grasses pollinate. When pollen season starts and how long it lasts varies throughout the country.

Allergies caused by pollen and other allergens affect 40 million Americans and cost more than \$1 billion in annual treatment costs. Although it's usually not a dangerous condition, it can be very uncomfortable and, for some people, can severely disrupt daily activities. The standard reactions include sneezing, itchy throat, headache, swollen sinuses, runny nose, and itchy, watery eyes,

Causes

In allergies, airborne pollen from various seasonal plants—or, in some cases,



spores from mold—enter the body through the eyes, nose, or throat, and trigger an allergic reaction. Normally, the immune system does not respond to mild substances like pollen and mold. But in sensitive individuals, the body's defense mechanism views these allergens as it would an infectious agent and mounts an attack. Once the immune system has detected the "invader," it unleashes a cascade of chemicals such as histamine and other compounds resulting in localized inflammation that leads to irritation and discomfort. The symptoms of allergic reaction begin 5 to 10 minutes after allergen exposure, subside within an hour, and may return two to four hours later.

Allergies produce an array of symptoms, including eye irritation, sneezing, and congestion. Hay fever is not caused by hay, nor does it result in fever.



Sneezing, Runny nose, Congestion, Itchy, watery, red eyes, Itchy throat, Dry cough, Impaired sense of taste or smell, Sleep disturbances

Allergies themselves are not serious. However, infections—such as a sinus infection characterized by fever, pain, and green or yellow nasal discharge—can mimic allergies.

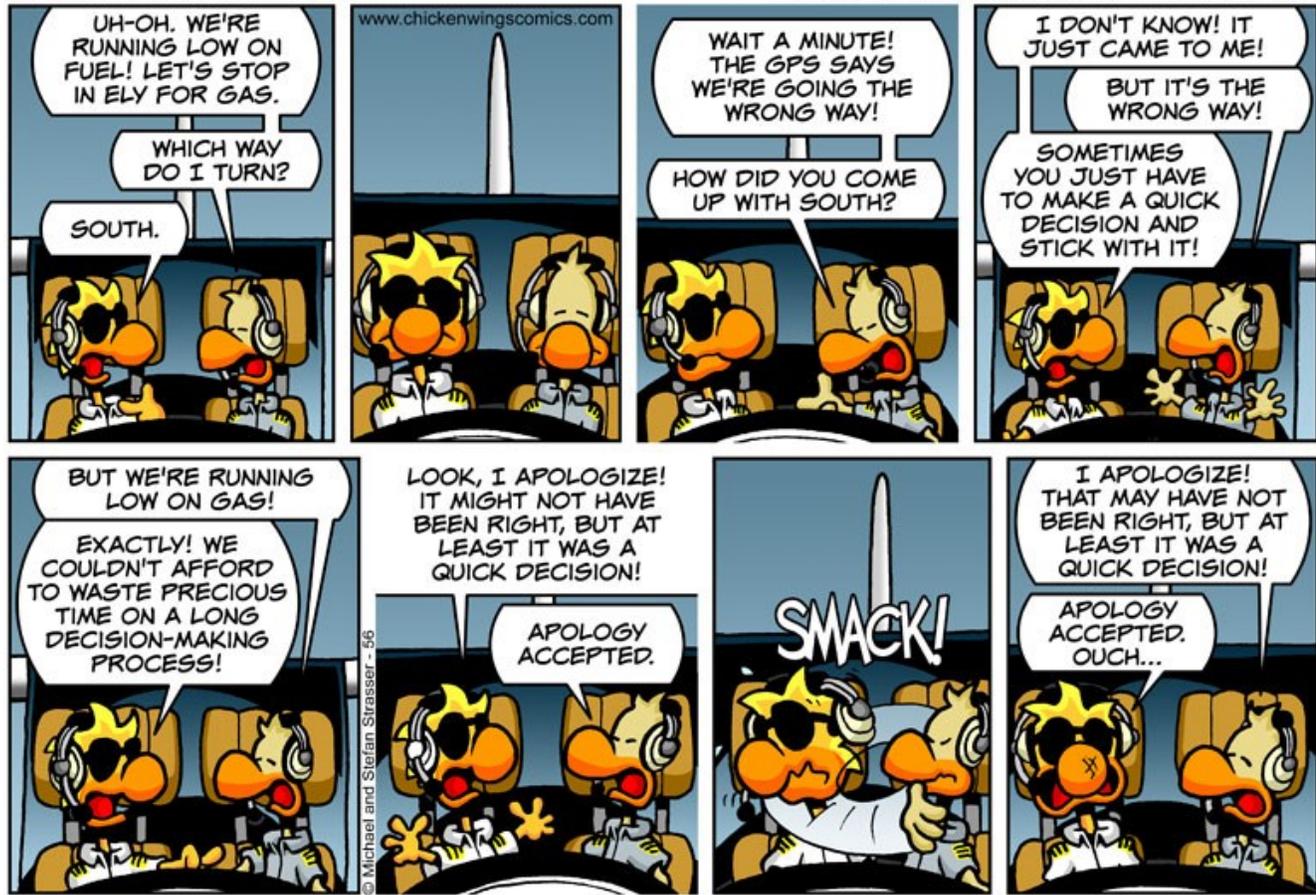
Over-the-counter (OTC) allergy medications may ease your discomfort. Antihistamines can stop the itching and sneezing caused by the release of histamine that the body produces in response to allergens. Antihistamines block the action of histamine. There are many over-the-counter varieties, including diphenhydramine (Benadryl) and clemastine (Tavist).

Your doctor is the best source of information on the drug treatment choices available to you.



CHICKEN WINGS®

BY MICHAEL AND STEFAN STRASSER



Situation awareness is the perception of environmental elements with respect to time and/or space, the comprehension of their meaning, and the projection of their status after some variable has changed, such as time. It is also a field of study concerned with perception of the environment critical to decision-makers in complex, dynamic areas from aviation, command and control, and emergency services such as fire-fighting and policing; to more ordinary but nevertheless complex tasks such as driving an automobile or bicycle.

Situation awareness involves being aware of what is happening in the vicinity to understand how information, events, and one's own actions will impact goals and objectives, both immediately and in the near future.

Lacking or inadequate situation awareness has been identified as one of the primary factors in accidents attributed to human error. Thus, situation awareness is especially important in work domains where the information flow can be quite high and poor decisions may lead to serious consequences (e.g., piloting an airplane, functioning as a CAP Member, or treating critically ill or injured patients).

Having complete, accurate and up-to-the-minute SA is essential where technological and situational complexity on the

human decision-maker are a concern. Situation awareness has been recognized as a critical, yet often elusive, foundation for successful decision-making across a broad range of complex and dynamic systems





CIVIL AIR PATROL -
NORTHEAST REGION

PO Box 2379
SOUTH PORTLAND, ME 04116-2379

Lt Col Paul Mondoux
NER Director of Safety

Phone: 603-759-0178
E-mail: pmondoux@ner.cap.gov

VISIT THE NER Safety Website link
can be found on
<http://www.ner.cap.gov>

Subscribe to the NER
Email List

[http://lists.ner.cap.gov/
mailman/listinfo/nersafety](http://lists.ner.cap.gov/mailman/listinfo/nersafety)

Remember Remember

Monthly Safety Briefs are Mandatory for all Active members. You must attend or take a safety brief monthly. If you are not current then you are not permitted to participate in any CAP activities.

THINK
SAFETY
STARTS
WITH YOU

Remember—Remember –Remember

We take Safety very seriously and Safety is an everyday thing that needs to be included in everything that we do. Safety can not be neglected or bypassed just because it is more convenient to do so.

BE SAFE

Safety tips

Tornado Myths:

MYTH: Areas near rivers, lakes, and mountains are safe from tornadoes.

FACT: No place is safe from tornadoes. In the late 1980's, a tornado swept through Yellowstone National Park leaving a path of destruction up and down a 10,000 ft. mountain.

MYTH: The low pressure with a tornado causes buildings to "explode" as the tornado passes overhead.

FACT: Violent winds and debris slamming into buildings cause most structural damage.

MYTH: Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

FACT: Opening windows allows damaging winds to enter the structure. Leave the windows alone; instead, immediately go to a safe place.

PERSONAL SAFETY

Stay alert and tuned in to your surroundings, wherever you are.

Don't be taken by surprise. Be aware and be prepared.

Stand tall and walk confidently. Don't show fear. Don't look like a victim.

Trust your instincts. If you feel uncomfortable in a place or situation, leave right away and get help if necessary.

ON FOOT

Choose busy streets and avoid going through vacant lots, alleys, or other deserted areas. At night, walk in well-lit areas whenever possible.

Try not to walk or jog alone. Take a friend or neighbor along for company.

Get to know the neighborhoods and neighbors where you live and work.

Avoid pickpockets by carrying your wallet in an inside coat pocket or front trouser pocket.

CAUTION
BE ALERT
PLAN TO BE SAFE!